


Monday	Tuesday	Wednesday	Thursday	Friday
27 Meatloaf Gravy Diced Potato Peas Mandarin Orange Cup Cranberry Juice 1 Slice of Bread	28 Turkey Mett Sauerkraut Mash potatoes Green Beans Pineapple Cup Goldfish Pretzels 1 Slice of Bread	29 Salisbury Steak Linguini Beef Broth Diced Carrots Fruit Cocktail Cranberry Juice 1 Slice of Bread	30 Sliced Turkey Gravy Stuffing Spinach Peach Crisp Cheese Balls Apple Juice	July 1 BBQ Pork Brown Rice Broccoli Green Beans Rice Krispy Treat Tropical Juice
4 4th of July –WCS Closed 	5 Cincinnati Chili w/ Spaghetti Shredded Cheese Peas and Onions Sliced Carrots Oyster Crackers Cranberry Juice Peanut Butter Cup	6 Grilled Chicken Breast Gravy Stuffing Diced Potato w/Cheese Shortbread Cookie Cinnamon Apple Sauce 1 Slice of Bread	7 Ham Cauliflower w/Peppers Sweet Potato Fresh Fruit Cheese Balls Grape Juice 1 Slice of Bread	8 Hot Dog Cincinnati Chili Lima Beans Vanilla Pudding Apple Juice Pear Cup 1 slice of Bread
11 Meatballs w/Gravy w/Mushrooms w/Diced Onions & Elbow Noodle Broccoli Lima Beans Tropical Juice Pear Cup 1 Slice of Bread	12 Pork Chop Sweet Mashed Potatoes Broccoli Pineapple Cup 2 Slices of Bread	13 Breaded Breast Brown Rice Peas Fresh Fruit Mixed Fruit Cup 1 Slice of Bread	14 Italian Chicken White Rice Spinach Fruit Bar Peach Cup Apple Juice One Slice of Bread	15 Hamburger Patty Sliced Carrots Apple Crisp Doritos Tomato juice 2 slices of Bread
18 Ribs Corn Peach/Blueberry Crisp Peanut Butter Cup Fresh Fruit 2 Slices of Bread	19 Chicken Strips Spinach Diced Potato Oatmeal Cookie Fresh Fruit 2 slices of Bread	20 Taco Meat Brown Rice Black Beans Peas Diced Tomatoes Mandarin Orange Cup Tortilla Chips	21 Meatballs w/Marinara Spaghetti Broccoli Peach Crisp Apple Juice 1 slice of Bread	22 Country Steak Gravy Diced Beets Cinnamon Apple Slices Grape Juice 2 slices of Bread
25 BBQ Pork Brown Rice Broccoli Green Beans Rice Krispy Treat Tropical Juice	26 Meatloaf Gravy Diced Potato Peas Mandarin Orange Cup Cranberry Juice 1 Slice of Bread	27 Turkey Mett Sauerkraut Mash potatoes Green Beans Pineapple Cup Goldfish Pretzels 1 Slice of Bread	28 Salisbury Steak Linguini Beef Broth Diced Carrots Fruit Cocktail Cranberry Juice 1 Slice of Bread	29 Sliced Turkey Gravy Stuffing Spinach Peach Crisp Cheese Balls Apple Juice



July 2016

Home Delivered HOT Meals

Congregate Sites Only

July 2016

2% milk, skim milk, chocolate milk,
or cheese available.

White or wheat breads are
available. Margarine provided.
Wesley uses fresh herbs and spices
in their meal preparation.
Mrs. Dash is available upon
request.

**Your order may contain
substitutions sometimes based on
product availability.**

**PLEASE NOTE WE WILL BE
UPDATING THE MENU SOMETIME IN
JULY. WE WILL SEND YOU A NEW
JULY MENU WHEN THIS IS
COMPLETED.**